



VOICE OF THE RESIDENTS

Vol. II, No. 7

COCKEYSVILLE, MD.

April 1981

EASTER AND PASSOVER COINCIDE THIS YEAR

The most important date on the Christian calendar and a major Jewish celebration fall on the same date this year. The early church argued whether Easter should be celebrated on the third day after the 14th day of Nisan according to the lunar calendar used by the Jews, since Jesus and the Disciples were observing the Seder (ceremonial dinner) of Passover with the Last Supper. In 325 A.D. the Council of Nicea decided Easter should always be on Sunday, the date to be determined by the paschal moon, the first full moon on or after March 21, the spring equinox, according to the Roman or solar calendar. So Easter can fall on any date between March 21 and April 25.

The Jews used the lunar calendar because they were originally nomads and traveled by night when the moon was important. Passover commemorates the passing over of the Israelite homes by the Angel of the Lord when he killed the first born of the Egyptians in the tenth plague. It also commemorates the freeing of the Israelites from their slavery in Egypt and their exodus from that land.

THIS FINAL BREAD

This final bread I leave upon the plate
In helpless need to placate hunger
Across the world, as though such impotent
magic
Can assuage the wrinkled stomachs.
Body of God, can flesh so deeply given
Be transubstantiated, can the blood be
spad
Across the air in powerful communion
Granting remission from the sin of starving?
The staring human eyes, the unruly hair
Stern lips like iron bruising the passion-
ate sky,
Space runs away before the fellowship
and there remains the final bread, endless.
--Faber Stevenson

FIRST STEPS TAKEN BY BROADMEAD TO SHARE MORE RIGHTS WITH RESIDENTS

The exchange of letters and documents between the Board of Directors of the Broadmead Residents Ass'n and the Board of Trustees of Broadmead shows that, from now on, there will be more sharing of planning and policy-making by the two groups.

At least first steps have been taken --and in a constructive spirit.

In submitting the reply of the Trustees, Catherine G. Motz, chairman of the board, closed her letter in these words:

"May this response unite us in our cooperative efforts and not divide us into a 'we--they' syndrome. Let us try this approach and next year evaluate the results."

The five measures proposed by the Trustees, dated Feb. 17, in response to a "Statement of Principles for Broadmead," submitted by the Residents Ass'n, of which Kenneth Walker is president, and dated September 16, reads as follows (verbatim):

1. Continuing the two advisory members selected by the Association, fully authorized to submit items for the Board agenda, and to participate in the discussion of all agenda items except confidential matters.
2. Establishing committees of the Association parallel to the committees of the Board with provision for joint meetings, frequency of meetings to be determined by the joint committees.
3. Convening meetings of designees of the Board and the Association to consider specific critical issues. These meetings may be called by either party.
4. Co-opting individual Residents with special expertise to advise on specific problems.
5. Granting Association representa-

tives reasonable access to Broadmead records as needed to perform their functions.

On March 2, 1981, the Residents Ass'n replied to the proposals as follows:

"The Board of Directors of the Residents Association thanks the Board of Trustees for its response to our Statement of Principles. There are appreciable differences between our Statement and the response from the Trustees. We do, however, recognize and applaud the efforts by the Trustees to establish a better working relationship with our Association. In reply we accept the five proposals incorporated in your response with considerable confidence that closer and more effective cooperation will result. We agree with the request of Catherine Motz, as your chairman, that we try this approach and next year evaluate the results."

The Residents Ass'n expanded its reply in three numbered paragraphs, of which only the opening sentence of each is quoted here:

"1. Many Residents still feel that there is merit in having Residents as full members of the Board of Trustees. . . ."

"2. There will need to be some restructuring of committees to assure parallelism, and we should establish guidelines to assure adequate frequency of meetings of the joint committees. . . ."

"3. There should also be an attempt to establish guidelines as to reasonable access to Broadmead records. . . ."

In closing, the document of the Residents continues:

"Our Board (of Directors) wishes to express its appreciation of the dedication and unlimited time given by members of your Board (of Trustees). As a group we are proud and happy to be a part of this community which has been six years so far in the making, and has already consumed countless hours of volunteer planning and construction under the leadership of the Society of Friends and the able staff they have assembled to implement their dreams. None of us would be content to rest on past achievement. The Residents look forward to working further with the Trustees to improve the quality of life in the Broadmead community." --G. James Fleming

DEADLINE FOR MAY ISSUE, APRIL 15

PERMANENT BARN SALE COMMITTEE ASKS DONATIONS TO BE ON-GOING

Because of the success of last fall's Barn Sale, the Board of Directors of the Residents Association has formed a permanent Barn Sale committee, with Kathaleen Kennedy as chairperson. The committee has storage space and Maintenance will pick up items from your residence if desired. Gifts can also be left in the Residents Association office between 9:30 and 10:30 Monday through Friday.

Contributions are tax-deductible and receipts will be provided in the Residents Association office if requested. All types of items are acceptable: electrical appliances, furniture, jewelry, cooking equipment, dishes, glasses, records, pictures, frames, etc.

Clothes should be clean and wearable, on hangers with size attached. For further details call Kathaleen Kennedy
666-3051.

RESIDENTS PAY TRIBUTE TO ARTIST

More than 100 Residents contributed under the leadership of Claire Walker to the purchase of "High Place", a painting by Resident Keith Martin. It is now hung in the hall across from the main dining room for all to enjoy.

EXCERPT FROM MATERIAL AIDS NEWSLETTER

We would like to thank all of the Residents of Broadmead who have contributed to our ongoing clothing drive. Please keep us in mind in case you decide to discard clothing and blankets in usable condition.

--Adele Schutz for the American Friends Service Committee at Homewood Friends Meetinghouse in Baltimore.

PURIM SERVICES

In conjunction with the Rev. Carl Edwards' Bible study class in the Hallowell lounge, on Mar. 10, Sandy Krome told of the Jewish Purim services, based on the story of Esther. Purim this year falls on March 19.

WEDNESDAYS

Time: 2 p.m.

Place: Auditorium

- Apr. 1 - George Leilich - a talk illustrated by slides on the Galapagos Islands.
- Apr. 8 - Book review by Mary Becker Smith of "Origins" a novel of the life of Charles Darwin by Irving Stone.
- Apr. 15 - Spring Concert by the Cockeysville Elementary School.
- Apr. 22 - Julie Nelson will talk about her recent trip to Antarctica, showing slides.
- Apr. 29 - George Conner will give his talk on the rose garden "From Mud to Bud".

COMMUNION WEEKLY DURING LENT

Every Wednesday morning during Lent communion service is being held by the Rev. Anthony W. L. Hollis, rector of Sherwood Episcopal Church, Cockeysville, in the East Lounge of Taylor Hall at 10 a.m. All are welcome.

BEGINNERS OLD AND YOUNG

FEATURED IN DOUBLE PROGRAM

The day of the Novices came on March 11. This was the long-awaited day of the Custom Fashion Show, when members of Mary O'Neil's sewing class and two others showed off the garments they had made. Those participating were Residents Margaret Bouchelle, Lee Baker, Becky Dorsey, Dot Graham, Martha Gross, Sibyl Mary, and Eleanor Terry, and our young hostess at the front desk, Mary O'Connell. Winnie Kinn was Chairman. Bob Bouchelle supervised the drawing for the door prizes which had been given by Mary O'Neil, Leiter Fabrica, and A Fabric Place. Winners were Hazel Fleming, Ono Lescure, Linn Dill, and Esther Marshall.

This was followed by a concert of spring songs by the Lower School Chorus of Friends School, accompanied by Constance Vidor on her guitar, to the delight of the numerous grandparents.

MOVIES

Time: Tues. 7:30 p.m.

Place: Auditorium

- Apr. 7 - "Ascent of Man" Chapter 12
- Apr. 14 - "Gigi" (Musical Comedy with Leslie Caron and Maurice Chevalier)
- Apr. 21 - "Ascent of Man" Chapter 13
- Apr. 28 - "Willie Wonka and the Chocolate Factory"

TALKS BY U OF M SCHOOL OF PHARMACOLOGY FACULTY TO BE HELD IN AUDITORIUM

Friday, April 10, 2 p.m. to 3:30 p.m.

TOPIC: PHYSIOLOGIC RESPONSES OF OLDER PERSONS TO COMMONLY PRESCRIBED DRUGS AND HOW TO DERIVE OPTIMAL BENEFIT FROM THEM.

Thursday, April 16, 2 p.m. to 3:30 p.m.

TOPIC: GENERIC AND NON-PRESCRIPTION DRUGS: THEIR INDICATIONS FOR EFFECTIVE USE.

Monday, April 20, 2 p.m. to 3:30 p.m.

TOPIC: VITAMIN USE IN RELATION TO THE NEEDS OF OLDER PERSONS.

Monday, April 27, 2 p.m. to 3:30 p.m.

TOPIC: TO BE CHOSEN BY RESIDENTS IN CONJUNCTION WITH THE VISITING SPEAKERS.

DIRECTORY CHANGES

Marjorie Brannan from H-6 to A-11

Elsie Van Horn from N-3 to Taylor 368

Lorena Phillips from T-370 to T-351

Ruth Ring from B-5 to R-5

Phone numbers remain the same.

Thursday, April 2, 2 p.m. - Lower Lounge - Ann Bridge to speak on coping with declining eyesight, with demonstration. Follow-up on article in Voice. Will answer questions. Sponsored by Penny Pentz, director of Occupational Therapy.

DEADLINE FOR MAY ISSUE: APRIL 15

LETTERS

Dear Voice:

I enjoy reading the Voice very much, while I wait for my turn to become a resident of Broadmead.

Helen M. Gail
Stamford, Conn.

SPECIAL EASTER SUNDAY TREAT: VIOLIN RECITAL BY ROWE HINSEY

Rowe Hinsey will present his second violin recital on Easter Sunday April 19, in the Broadmead Lounge at 2 o'clock. His program will be a "Serenade to Spring", for which he will be accompanied by Aurelia Giles at the Knabe Grand piano, the gift of Edna Buhner (R-17).

The "Serenade to Spring" includes miniature classics for violin and piano in three groups: "Voices of Spring", "April in Paris", and "Bonbons and Badinage....." by such composers as Handel, Korngold, Tchaikovsky, Massenet, Debussy, Cesar Franck, and Kreisler.

Mrs. Giles, as accompanist, has appeared several times before Broadmead audiences. Her piano and organ training includes McMurray College in Illinois, and a master class in piano with Rudolph Ganz, a pianistic legend of Chicago.

This year marks the 70th anniversary of Rowe's first violin lessons in Ottumwa, Iowa. While getting his degree at Northwestern University's School of Business, he studied violin at Chicago Musical College. He has continued his church and community service at Broadmead, having given two programs at Chestnut Grove Presbyterian Church, two programs with Matthew Purvie at Keswick.....and on March 25, he played a program of Kreisler favorites before the Music Department of the Woman's Club of Towson.

NOTED MINISTER/AUTHOR SPEAKS AT BROADMEAD

Dr. Alfred Starratt of the Emmanuel Episcopal Church in Baltimore, author of Your Self, My Self, and the Self of the Universe and other books, congratulated Residents on Broadmead's ideal setting for a time of life for more being than doing. "Being is trying to let yourself become the kind of person through whom God can do things in the world", he said. This can happen even if we are shut-ins, and regardless of our past activity or present circumstances.

Since we are now learning that the whole universe is a big energy system constantly changing, having no outer boundaries and yet permeating our individual beings, we can no longer think of God in terms of something external, separate, or out in space. This is the age to cultivate an awareness of the constant and pervasive presence of God, all the time and everywhere.

--Claire Walker

GREEN IS FOR MORE THAN ST. PATRICK

As is usual with the Food Service staff, they began wearing "the green" in honor of St. Patrick a week before St. Patrick's Day. In addition, the Main Dining Room and the Coffee Shop were decorated as befitting "Old St. Pat." The tables and menus also saluted the patron saint of Ireland.

Incidentally, there were other Broadmeaders wearing green. These green bows are being worn to remind all Americans of the 20 children who have been murdered in Atlanta during the past 18 months, without apprehension of the killer or killers. In this area the ribbons for Atlanta were distributed at the Sherwood Episcopal Church.

BROADMEAD LIBRARY NEEDS MORE BOOKS!

We remind Residents, present and future, that the Library is still anxious to receive gifts of books. It has come to our attention that Future Residents may not be aware of this. Residents already here should know that the Library has no funds for the purchase of books. We are grateful for current books in all fields, but especially in science and the social sciences where our holdings are few.

E. C. S.

UEBIRDS COME TO BROADMEAD; BIRD SONG SESSION OFFERED

More than 20 sightings of bluebirds in clusters and on the circle road were reported from January to the middle of March. Boxes have been erected for them by the old entrance road, in the vegetable gardens, and by the Truebloods' drive. These boxes should be monitored, for starlings, house (English) sparrows, and wrens have usurped their nesting places, and extreme winters have killed many. If you see any "usurpers" or bluebirds going in or out of the boxes, please notify Nancy Rowe as soon as possible (666-1938 or A-3).

Over 60 turkey vultures (buzzards) have been coming to roost before dusk in the trees on the wooded hill to the north. In the mornings some may be seen sunning themselves with out-stretched wings. During the day they circle in smaller flocks, their six-foot wings finding support from updrafts and thermals. In this manner they locate their food, dead animals; for they are scavengers whose niche in the natural world is that of garbage collector. The few black vultures with them may be distinguished at a distance by their chunkier pe and their need to flap their wings more frequently when they soar.

A red-shouldered hawk is trying to start a nest in a tree across the flood plain despite vociferous objections by crows. Geese have been honking their way north. Will the wood ducks return to nest again in the tall trees above the old entrance road? Will the phoebes arrive in mid-March to find the stable doors closed to them this year and discover a nest-shelf placed outside for them? Will the cliff swallow family return to nest again in the barn with the barn swallows? Will purple martins find the apartment house this year? During April and May we should keep our eyes open for the arrival of migrants and summer residents, especially in the first two weeks of May, the peak of migration. but, above all, our ears should be attuned to bird songs. Therefore a bird song session with recordings will be held in the Seminar Room (Lower Level) on Thursday, April 2 at 2:00 p.m.

Spring bird and nature (especially wildflower) walks are as follows:

7:30 a.m. every Saturday (good for birds and songs).

2:00 p.m. every Thursday (good for wildflowers). Not April 2 and 16.

Meet at Lower Level entrance. Canceled if raining. We walk slowly, returning in 1 to 1½ hrs.; anyone may leave at any time.

WATCH THE BULLETIN BOARD for notices of field trips, programs, bird notes, any changes, Everyone is welcome!

--Nancy Rowe A-3, 666-1938

HAPPY SIGHTS

Seeing Larry (Lawrence) Wilder out of the hospital and being able to enjoy dinner in the Main Dining Room, even though it is with the help of a walker. The old smile is still there.

Seeing Guthrie Speers, having graduated from a walker, getting around so sprily with his cane.

Seeing Edith Dowling walking in the Center without even a cane and knowing she is back in her apartment after all those months in the hospital and on Hallowell Hall.

Seeing Emil Brandon and Josh Rowe enthusiastically joining in the sing-alongs.

STRANGERS ARE FRIENDS WE HAVEN'T MET

God knows no strangers. He loves us all, the poor, the rich, the great, the small. He is a friend who is always there to share our troubles and lessen our cares.

No one is a stranger in God's sight for God is love and in his light

May we, too, try in our own small way to make new friends from day to day....

So pass no stranger with an unseeing eye, for God may be sending a new friend by.

--Helen Steiner Rice
Submitted by
Charlton Peterman

DEADLINE FOR MAY ISSUE APRIL 15

PHILIP LORD TELLS BROADMEADERS OF COCKEYSVILLE'S HISTORICAL IMPORTANCE

A goodly number of Broadmead residents gathered in the Auditorium Wednesday March 4 to enjoy Mr. Philip Lord's slide presentation of the history of Cockeysville. Mr. Lord, a transplanted New Yorker, is an "Historical Site Surveyor" of Harford County.

Thomas Cockey settled in Limestone Valley and built Taylor's Hall (still standing) in 1727. His son willed his holdings --4,125 acres--to his nephews and nieces, and some of this land is still in the possession of their direct descendants.

Cockeysville became widely known for the fine quality of its marble from the Beaver Dam Quarries. The Baltimore and Susquehanna Railroad was chartered in 1823 and its main line ran through the town. In 1854 it consolidated with three other railroads to become the Northern Central, and in 1870 it became a part of the Pennsylvania system. The coming of the railroad made possible the shipment of marble and limestone, and 108 columns of Cockeysville marble were shipped to Washington and incorporated into the national Capitol building. The lower portion of the George Washington Monument in Washington is from the Texas (Md.) quarries, the upper part is Cockeysville marble. The Peabody Institute is Cockeysville marble, as is also the City Hall. Other buildings using this marble include the Fisher building in Detroit, the Albright Art Gallery in Buffalo, and the spires of St. Patrick's Cathedral in New York.

With the introduction of steel and concrete, and the desire for plainer buildings, marble has gone into disuse, and there has been none quarried at Beaver Dam since the 1930's. It is estimated that 18 million cubic feet of building stone remain in the Beaver Dam quarry.

Although the area was largely agricultural, Cockeysville also had a cigar factory and Sherwood's Distillery shipped rye whiskey all over the country. (Prohibition put them out of business). Joshua Cockey III started the Bank of Cockeysville --the building still stands. The York Turnpike was a toll road, and one of the toll houses remains opposite our Broadmead en-

trance.

Typical of the 19th century were the little two-story "cross gable" houses. All were in a line, all with porches in front. Today, on York Road, you can find them with businesses in front, but, looking up, you can still see the cross gables.

The automobile has changed the character of Cockeysville irreversibly--and, with the coming of major industries such as Noxell and McCormick and the Hunt Valley complex the small country town has largely disappeared.

Mr. Lord showed many slides of landmark buildings, some of which are still standing. These included the Sherwood Episcopal Church, Taylors Hall (the Telescope House), the Cockeysville Bank, cross gable houses, the farmhouse at the corner of Shawan and York Road, and monuments and buildings built of Cockeysville marble.

--Martha Gross

IN MEMORIAM

Lucinda R. Perkins
November 29, 1890 - February 27, 1981

Belle Otto Talbot
January 1, 1905 - February 28, 1981

STAFF NOTES

The Voice offers its congratulations and best wishes to our dining room hostess Barbara Simons, who was married on March 7, and to Woody Jenkins, director of personnel, who recently returned from his honeymoon.

Special appreciation to James Pringle our newspaper collector but not a Broadmead employee, for his assistance with an emergency in the clusters.

HELP SOMEONE ELSE

Discarded eyeglasses, dentures, and hearing aids are all needed by New Eyes for the Needy, Short Hills, N. J. 07078, a non-profit, volunteer charity. The Cockeysville Opticians at Yorktown Plaza also collect discarded eyeglasses for the Lions Club.

ADMINISTRATION BEGINS TUESDAY
CHATS FOR IMPROVED COMMUNICATION

Page 7.

The Fireside Chats started with a bang the second Tuesday in March and will continue every Tuesday morning until further notice, in the Lounge in front of the fireplace at 11 o'clock.

About 50 Residents attended the opening session and raised twice as many questions about Broadmead. Those prepared to reply were D. Martin Trueblood, executive director, and Rich Compton, associate executive director. At other "chats" directors of different departments will be presented to tell more of their programs and problems.

None of the questions were new, no miracles were promised, and no dodging of questions was noticed. There was frankness on both sides and, unlike most such "gripe" sessions throughout the land, there was almost no heat.

A sampling of the questions raised showed concerns in the following areas: housekeeping and laundry, performance of televisions, fire wells in some locations, leaking walkways, need for drains in some spots, readiness of extra storage space away from apartments, schedule of physicians, improvement of hot water supply, and enlargement of dining room on the second floor.

The status of the legislation to tax lifetime communities such as Broadmead was also discussed.

NEW RESIDENTS

Helen French Thompson N-9 (after Apr. 10--until then Holly House) 666-1645. Grew up in Baltimore, lived in Stamford, Conn., since 1947. Did much volunteer work in one-to-one remedial reading and Literacy Volunteers. Interests are traveling, gardening, sewing, and reading.

Dr. Robert J. and Alice Mason - H-6 666-2482. Lived in Michigan. Retired to Oxford, Md. Dr. Mason is a pediatrician, worked with the handicapped, consultant in geriatrics. Hobby is sailing and gardening.

Alice Mason did volunteer work. Was docent at Talbot County Historical Society, likes flower arranging and gardening.

(Miss) Jeannette Westlake - F - 10 667-1481--began her nursing career in Brooklyn, N. Y.--did public health nursing for the Government--Head of department in Hopkins School of Hygiene. Hobby is weaving, has her own loom in her apartment,

belongs to Weavers Guild.

Edith Basford - 8-3 - 666-2477 - grew up in Stoneleigh (Baltimore) - taught in the city schools - interests are music and art.

WOULD - BE GARDENERS:

Remember to sign up on the bulletin board for a garden plot.

OUTPATIENT DEPT. OPEN EVEN WHEN
IT APPEARS TO BE ON LUNCH BREAK

When the door is locked and the shades drawn the Outpatient Department is still at work, it was explained by Pat Brown, P.C.N.P., director, in a letter to Kenneth Walker president, the Residents Ass'n, who inquired, on behalf of Residents, whether the department could remain open continuously during the work day.

A similar concern, some months ago, led Administration to remain open during the 12-1 p.m. usual lunch hour.

Pat Brown's letter included the following clarification:

"In terms of emergency care, the Outpatient Clinic is always available from 8:30 a.m. to 5 p.m., including the noontime. Although it would be ideal to have all services continuously available throughout the day, the limited number of full-time staff members, three, makes this impossible at the present time.

"During the noon hour, aside from allowing time for lunch, there is generally some continuation of patient care not completed in the morning. Emergency requests frequently are a part of the routine. Charts used in the morning must be filed and afternoon charts must be prepared.

The schedules for the next day are typed during noon, and those charts are also prepared. Lab reports and physician reports are taken during noontime; and phone calls are returned from the morning, (Clinic records are showing that the outpatient secretary alone handles between 70 and 90 phone calls per day)."

IN MEMORIAM

Robert D. Black

Dec. 5, 1896 - Mar. 21, 1981

TWO WEEK JOURNEY INTO CARIBBEAN, WITH 599 OTHER PASSENGERS, DESCRIBED

In early January, the Broadmead Bodines joined our friends, the Guy Warfields and the Hamilton Whitefords, for a two-week cruise on the Norwegian liner, S. S. Vistafjord, sailing the Caribbean Sea from Fort Lauderdale, Fla. and interspersed with seven shore stops. Our decision was almost on the spur of the moment, as we did not seek reservations until two weeks before sailing and felt ourselves quite lucky that we were able to get accommodations.

Two days of sailing in the sun before our first trip ashore brought forth all sorts of torsos and costumes on the sun deck and the sun began to take its toll very quickly. Despite sun lotions, grotesquely painted noses with a whitish mixture, and other protectives, our fellow travellers began to burn and quickly.

After winter's gloomy weather in the north, miscalculations as the strength of the semi-tropical sun was the order of the day. Most of the figures in bathing suits or other garb were too rotund, too wrinkled, or too bulgy to be candidates for a beauty pageant. Fortunately, however, there were enough bikinis sported by those young enough and proportioned properly to wear them to provide a degree of pleasure to the D.O.M. (Discerning Older Males).

The six hundred passengers represented a cross-section of America. Additionally, there was quite a contingent from foreign countries, including a group of 33 Germans with their own tour guide and to whom there were provided German-speaking guides on the land tours. The opening gambit in every conversation was "Where are you from?" followed by "Do you know so and so?"

The ship provided round-the-clock entertainment. In addition to the two swimming pools, there was continuous duplicate bridge, deck sports, bingo, movies, a casino, dance classes, gym classes during the day, plus dancing and an hour theatrical show each evening, with excellent talent.

I suppose that the primary attraction in ship board life is the eating. It would be inappropriate for me to make any comparisons to the Broadmead dining facilities, good or bad. Unfortunately, our ex-

Many Broadmeaders are "old hands" at visiting the Caribbean, as are Residents Seeber and Helen Bodine. In the adjoining mini-travelogue, Helen Bodine shares her most recent experience with Voice readers. As the months pass, we hope and expect that other Broadmeaders will give us a sample of their experiences in the Republic of China and other Asian countries, in little-known spots in Europe, in the countries of Africa, and in North and South America, including much-taken-for-granted Canada. --The Editor

perience in the ship's dining area was the one flawed part of our journey. Although the food was copious and varied, the task of accommodating 600 passengers at one time (there was only one seating on our cruise) taxed the capabilities of the service people. We had young, willing Austrian waiters whose lack of English and lack of experience, all coupled with our often demanding selves, made for slow and confusing service. This situation, fortunately, only slightly marred an otherwise delightful experience.

Shore Excursions

Dominican Republic--All trips ashore were planned by the shipping company with guides and transportation furnished, at additional expense of course. They varied in time from 2½ hours to 11 hours. The Dominican Republic was one of the shorter excursions and left us with blurred impressions. The contrast between the poverty areas the, deluxe residences and resort places made a forcible impact, which, incidentally, was true in about all of our Caribbean stops. Our very pleasant and attractive young guide (an English teacher in the public high school) extolled the benefits of Dominican living, the determination of the people to better themselves and their striving to maintain a democratic form of government.

St. Thomas, U. S. Virgin Islands--the St. Thomas Harbor, with eight cruise ships at anchor, dozens of sailboats, yachts, and other water craft was indescribably beautiful, surrounded by high hills on all of its circular area. The port itself was a scene of unbelievable confusion, with

thousands of tourists from the cruise ships crowding the narrow streets, shopping in the many shops. Couple this with bumper to bumper slow-moving traffic and blaring of horns, the inevitable question arose "Who wants this?" We didn't. Instead, we took a 30-minute ferry ride to the neighboring island of St. John, with its peace and quiet, its scenic view and its wonderful beaches at Trunk Bay where there was opportunity for a two-hour sojourn for swimming.

La Guaira, Venezuela--There is literally nothing of interest at this port except its new exit road to the City of Caracas, approximately an hour's drive on this fairly-recently-built expensive highway. Caracas was another vivid example of the rich-poor contrast. Thousands of its citizens live in shacks on its surrounding hills, mostly squatters whose dilapidated shanties are continually threatened with mud slides. By way of contrast, new high-rises, office buildings, and apartment units, foisted by the new oil money influx, are springing up in the valley where most of the city is contained. There are monuments and dedications to Simon Bolivar all over the city and these led to a decision on our part to learn more about the life of this beloved citizen upon our return home.

Oranjestad, port of Aruba-- Always a mystic name, but somewhat of a disillusionment when seen. The broad white beaches with their deluxe hotels and restaurants adjoining are a wonderful lure for tourists. Our three-hour trip through the back country was a journey through land denuded of soil but with cactus, rocks, and divi-divi trees in abundance. The trees are short, bent at the middle like a crippled old man, and molded by centuries of sufferance from the prevailing winds. Many areas there which we passed were reminiscent of the shots of the moon when the astronauts landed.

Cartagena, Colombia--A city of much historical background. For centuries, it was the marshalling area for the storage of the treasure of South American countries by the Conquistadors prior to its transport to Spain. In order to protect their pilloined treasures, the Spanish built a for-

tified garrison town surrounded by a five-mile wall and a fort. Naturally, this area was the site of many battles when the pirates and the English endeavored to get the treasures.

The old walled city is most interesting with its narrow streets and exotic shops, but it is fast giving way to the new city on its perimeter with resort hotels and exclusive shopping districts.

Georgetown--Forget it! We have already. A small island under English jurisdiction, mostly a tax haven opportunity. The shopping opportunities were disappointing to the expectant people aboard ships.

Mexico--Our last stops were on the Yucatan Peninsula in Eastern Mexico. The ship stopped at Playa del Carmen for the disembarkment of those hearty souls who were making the long 11-hour trip to Chichen Itza to explore the famous Mayan ruins. Needless to say, they returned exhausted in the evening. A shorter trip was also provided to Tulum where seaside Mayan ruins are also found. The vessel then moved on across a 10-mile strip to the famous Cozumel Island, a mecca for fun loving tourists, particularly those interested in the aquatic activities offered by the beautiful surrounding sea.

Our trip was via a small vessel accommodating about 20 people with an awning overhead, a dingy engine and crewed by a group of teenage Mexican boys. It took us to one of the more famous beach spots where we were served Margarites, fried fish (from fish caught on the spot), and delicious fruits. Unfortunately, some of us forgot that we were in Mexico and the delicious meal produced some not-so-delicious results.

Our last day homeward was across the Gulf of Mexico and the only day on the trip when the weather wasn't perfect. Nobody cared, however, as this was a packing day and we were homeward bound.

--Helen Bodine

REMINDER: Residents staying on Hallowell Hall will be charged 15¢ per local call and the amount billed Broadmead for long-distance calls.

RECEPTION DESK FIRST LINE OF CONTACT
FOR BUSINESS AND VISITING AT BROADMEAD

The reception desk is strategically placed at the top of the steps beside the Residents' message boxes. A parcel slip in a Resident's box, when presented to the host or hostess at the desk, will bring a package of some kind to the waiting Resident.

At this desk, questions are answered, guest meal tickets are procured. There are boxes with slots on top that await prescriptions, one's monthly check or a twice-yearly gift collection for the staff.

Behind the desk sit Eleanor Casey, Mary O'Connell, or Linda McDougall. When they need help, there is a corps of volunteers scheduled to take their turns at the desk.

The top of the desk has at least one beautiful flower arrangement placed there by Agnes Levy and her fine Flower Committee. On the desk are maps of Broadmead, charts, piles of free literature about forthcoming events. As an election approaches, the League of Women Voters will place leaflets there, giving salient information about candidates.

David McIntyre, a volunteer, was enthusiastic. "Oh, it is such a good way to get to know who people are, so you can attach a name to a face. Also you know you are helping the staff out. They may have to drive someone for a medical appointment or they must leave to go for lunch. In the morning you may have interesting experiences. You also feel very angry at some Residents for not persuading their correspondents to put their apartment number on their mail. About 99 and 99/100ths of the people who come to the desk are pleasant. The most interesting people are those who come to inquire about Broadmead. I get someone to relieve me, and I take them on a tour."

There is often a member of the maintenance staff at the desk. Around his waist are tools, flash light, and his inter-com radio. He goes out to help when there is an emergency, or takes the golf-cart to pick up a Resident who needs transportation to the Center. These duty men are Paul Balbot, Martin Diehl, Charles (Buck) Darney, Frank Dausen, and Bill

Monks. We are certainly well cared for at Broadmead.

Broadmead's first romance was initiated and then developed at the reception desk. Last summer the late Mrs. Evelyn Langsdale's grandson came to spend some time with her. He had lived with her a good part of his life and they were very close. In the course of time, Rusty met Linda. Many people, including Mrs. Langsdale, were delighted when Linda received a beautiful ring for Christmas. They plan to marry in the not too distant future.

--Margaret T. Bouchelle

79 RESIDENTS HELP AS VOLUNTEERS
ON TAYLOR AND HALLOWELL HALLS

At a meeting of volunteers February 25, Margaret Otis, coordinator of Friendly Visiting and Hospitality, reported that Lowell Cunningham and Kennett Hinks are now serving as visitors to the male patients of Hollowell. There is a total of 79 Broadmead residents who serve in the Health Care facilities. Thirty-three volunteers serve in some capacity on Hollowell Hall; 36 serve at the Taylor desk, 11 serve as substitutes for the Taylor desk, 4 operate the book cart, 5 do visiting on Taylor, and 3 do special services. (Some volunteers have more than one assignment.)

There are, in addition, 3 student junior volunteers, and 6 non-resident adult volunteers--one of whom is a trustee. Another is Dr. Joshua H. Armacost, a retired physician, who spends two days each week on Hollowell Hall doing a variety of duties including feeding handicapped patients, comforting, and escorting in wheelchairs.

Taylor desk volunteers assembled the Valentine menus used in the dining room on February 14th.

Nearing completion are two Volunteer Handbooks--one for juniors, and one for adult volunteers.

More volunteers are needed. If you are interested in helping on Hollowell and Taylor halls, please call Martha Gross, coordinator of recruiting--667-0612.

--Martha Gross

DEADLINE FOR MAY ISSUE APRIL 15

OTHERS LEARNING FROM BROADMEAD

Increasingly Broadmead is becoming a magnet drawing those who are interested in building a similar community. Others come because they want to learn about the reputed high level of maintenance here.

Recently, Robert Challis, of Boston, spent a day here and was loud in his praise of the layout and the kind of planning that marks Broadmead. He represents the combined boards of two homes for the aged which want to divert their funds and concerns into a Broadmead-type facility.

Four staff members of Fairhaven also visited recently largely to learn if Broadmead had anything to teach them in reference to maintenance. The Fairhaven visitors were: Kay Sciler, associate director; Mark Malhourn, maintenance supervisor; Connie Biden, assistant head housekeeper; Clarence Ropp, physical plant.

SIGNS OF AGING

Everything hurts, and what doesn't hurt won't work.

You feel like the morning after when you haven't been anywhere.

You get winded playing chess.

Your children begin to look middle aged.

You know all the answers, but nobody asks you the questions.

You look forward to a dull evening.

You turn out lights for economic, rather than romantic reasons.

You sit in a rocking chair and can't get it going.

Your knees buckle but your belt won't.

You are 17 around the neck, 42 around the waist, 106 around the golf course.

You can't stand people who are intolerant.

You burn the midnight oil until 9 P.M.

Your back goes out more often than you do.

Your pacemaker raises the garage door when a pretty girl passes.

--Dr. Robert L. Van Doren in The Piedmont Churchman Submitted by Bob Martin.

To talk health, happiness and prosperity to every person you meet

To make all your friends feel that there is something in them. . . .

To give so much time to the improvement to yourself that you have no time to criticize others. . . .

--Creed Optimist International

FAIRHAVEN ACCOUNT RECALLSBROADMEAD'S EARLY TRAVAILS

"Fairhaven," the lifetime care community in Sykesville, Md., now boasts a Residents Ass'n and also a lively newspaper, The Fair View. In addition, Fairhaven neighbors are frequently visitors at Broadmead and vice versa. Some concerns at Fairhaven may bring back some memories at Broadmead. For instance, this quote from a story in The Fair View following the organization of the Residents Ass'n:

Residents were interested to hear Russell Reno's report on the architectural recommendations, which will be carried out. The bridge to Apartment Building B will be enclosed; handrails will be installed along walkways and inclines and in the hallways of apartment buildings and emergency exit stairways; safety bars at end of bathtubs and handicap toilets when necessary; heat lights or electric radiators to heat bathrooms; an additional laundry room for cottages 109-132 and a laundry tub in each laundry room; rain gutters where necessary; additional lighting on crosswalks; obstructed view at exit from FAIRHAVEN and the driveway will be improved. The residents were reminded that no parking is allowed on fire lanes and that these lanes may be used only for loading and unloading.

Other items reported that additional furniture has been ordered for the lounge; that \$514 had been netted from the barn sale and that the Fairhaven Board of Trustees "has made available \$28,000 to the Residents Ass'n as seed money to get our various programs started."

PODIATRY CLINIC OPENS

In addition to the dental office, Broadmead now has its own podiatry clinic. The dental/podiatry suite is next to the health care office and across the hall from the physical therapy department.

The podiatry clinic will be held every Thursday at 9 a.m. Appointments are to be made through the office of Drs. Slavitt, Werner, and Reicher 628-1066.

How deliciously appropriate it is that this "Month of the Tax" opens with April Fools day and closes amid cries of Mayday! Mayday!

--Changing Times

**NUTRITION NEEDS OF OLDER PEOPLE
DISCUSSED BY STAFF MEMBER OF HOPKINS**

At the health talk on Mar. 5 Resident Ernestine McCollum introduced the speaker Agatha Rider of the Bio-Chemistry Department of the Hopkins School of Health who had worked with Mrs. McCollum's husband, the discoverer of Vitamins A and D.

Mrs. Rider told how our nutrition needs change. Sometimes nutrients such as calcium are not absorbed as well when people get older. After the age of 40 the bone mass gets thinner and lighter, almost twice as fast in women as in men. This means bones break more easily. Extra calcium, Vitamin D, and fluoride can help but must be taken under the direction of a physician.

Folic acid which produces red blood cells is found in green vegetables.

Older people tend to eat more cereal and less cheese and fish than younger people. They develop less muscle and more fat. A survey by the Baltimore Gerontology Study shows that people who are a little over the ideal weight live longer!

Diet should contain some protein of animal origin (milk, cheese, eggs), as Vitamin B-12 prevents anemia. Vitamins C and E and selenium keep membranes of the cells intact and may help prevent cancer.

Vitamins A and D are stored in the body and too much of either can be toxic. Too much fiber can prevent absorption of calcium and other nutrients.

After 50 the cholesterol level does not change much. There is no evidence to link dietary cholesterol with serum cholesterol.

There is no very good evidence that extra salt will raise blood pressure. Women tend to have more high density protein and fewer heart attacks. High density lipoprotein is good protection against heart attack. If there is no reason not to drink, a drink or two before dinner stimulates digestive juices.

--Erna Gordleyeff

NOT 19, JUST ONE TOOTH EXTRACTED

In no time at all, a few days ago, the rumor spread that Broadmead's dentist Dr. Thomas M. Kellner, had extracted 19 teeth from a Resident, in one sitting. . . It did not sound like Dr. Kellner to D. Martin Trueblood, the executive director, so he checked right away. The facts: Dr. Kellner extracted one tooth as the result of an emergency call. It was tooth No. 19 in the manner that dentists identify things. Moral: Don't be too quick to repeat "the gospel truth," especially if it sounds ridiculous. Always check. Go to the source.

TOMATO PLANTS, NOT TOMATOES

Those printer's devils were at it again last month. They made it to appear that Seeber Bodine was going to grow enough nice, luscious tomatoes to supply the needs of all Broadmeaders--Residents and staff. Not so. Resident Bodine will be prepared to supply tomato plants--those tiny plants-to-be that Residents usually buy from the nearby nurseries.

For those who want the tomato fruit, they will have to set out the plants, water them, keep down the weeds, fertilize them, and, hopefully, enjoy and share their own "nice luscious" red, ripe tomatoes. The Voice regrets the mistake.

Seeber Bodine gives more enlightenment on his tomato plants:

"When planting, dig a hole 16 inches in diameter and 14 inches deep. Put one shovelful of composted cow manure in it. Cover with half a shovelful of dirt. Cover that with one shovelful of composted manure. Cover this latter with more dirt, leaving a depression all around, to hold any rain water we may get. . . Stake or tie up your plants; keep them off the ground.

"Please leave a note in my box (Q-12) telling me how many plants you want, along with your name and telephone number."

By the way, the Bodine tomato is named "Whopper" and "it is large and the sweetest I have ever tasted."

ANNIVERSARY P D E M

(Written by Caroline Foster Sizer, mother of Board Member Caroline Cochran for the 10th ANNIVERSARY of her sewing circle)

I know I'm supposed to be funny and droll
 But you'll be disappointed - I don't fit
 that role
 For too much has happened these last ten
 years
 Lots of losses and a great many tears.
 Wars and robberies, murders too
 Have altered the lives of me and you.
 This is the decade when change takes place:
 Your mind doesn't work and your feet just
 won't race,
 Your bones all ache and you don't hear as
 far,
 And your children forbid you to drive the
 car.
 Your eyes focus slowly, your thoughts do
 the same,
 And you really work hard to play the Game.
 Your lips must be buttoned, your face in
 a smile
 While you ache to advise and talk by the
 mile,
 For our children now carry the bulk of the
 load
 While we sit quiet on the side of the road.
 We welcome blue jeans, we welcome bare feet
 Because the people who wear them are real-
 ly neat,
 Slacks in the city, slacks out to dine,
 Hair all over the face is fine!
 Their values are high, but they're dif-
 ferent from ours
 And I find that they talk for hours and
 hours.
 Battles now rage 'tween parents and child
 And one considers both sides completely
 wild.
 Young things are old-fashioned, you differ
 by poles,
 "Granny, what would we do with finger
 bowls?"
 They don't want your silver, they don't
 want your glass,
 Your beautiful damask they discard in a
 mass.
 Coffee in mugs, paper throughout,
 Yet those kids know what they are really
 about.
 To us "Living In" was a term for a maid
 who lived in our garret and was poorly
 paid,
 It now means two sexes living together
 To us a bird of a different feather.

But they have problems we never knew
 Too many people, jobs too few.
 So we still have a role 'tho even we're
 old,
 'Tis don't be a bother but do as you're
 told,
 As a vintage piece upon the shelf
 The first thing to learn is to live with
 one's self,
 We've had our days with their joys and
 sorrows,
 To our third generation belong the to-
 morrows.
 Let's keep our mouths shut, pretend we're
 wise,
 For the young ones today are wonderful
 guys.

HEALTH SPEAKER TELLS OF GROWING HOSPICE INTEREST

Frank Schaller of the Albert Einstein Medical Center of Philadelphia told Broadmeaders about the basic principles of Hospice on Feb. 19.

Ideally a hospice team treats the physical, mental, emotional, financial, religious, existential aspects of the patient and his family. Palliative care is given beyond curative care. Lack of continuity of care can be a problem.

St. Christophers in England, a leader in the field, is a separate institution providing hospice care. Some hospitals have a special hospice unit. Others provide a "floating team" of hospice workers throughout the hospital. Then there is home care.

Blue Cross/Blue Shield is investigating the hospice idea. General Electric and some other large companies now include hospice care in worker benefits.

The National Hospice Organization is working on legislation dealing with such topics as "death with dignity" and use of resuscitation. Problems include physicians' fear of mal-practice suits and bioethics (organ-transplant, freezing, etc.)

Training for staff and volunteers in handling the terminally ill is needed. At Broadmead we need to observe the visiting signs on Hallowell Hall. Basic conversations might include How do you feel about what is being done for you? What can I do to help? Depression and crying are normal. The patient needs to be able to maximize his life here and now.

FOR OUR "FUTURES" CONSIDERATION:

(The following comments are excerpted from an article in the March Senior Digest by Leopold Bridge, a Broadmead Resident and a retired employee of the Baltimore County Department of Aging.)

We all came here knowing Broadmead to be the last residence of our lives.

This expectation was no mere whim. It was made in all cases after real deliberation and consideration not only for ourselves but for those related in any way to us.

Those of us with children thought of the effect this move would have on them: the thought that if we became incapacitated we would be a burden on them. Those of us with no family could be assured that we would not end our days in an impersonal nursing home.

It might be said that we all recognize death as inevitable--but in a very special way. Special in that, while all people know that death cannot be avoided, Broadmeaders have been able to see death not as a generality but as a specific that can, and will, happen to all of them.

In eight years with the Information and Referral Service of the County Department of Aging I have talked with many persons psychologically unable to face the fact that they might end in nursing homes or that they might come to be unable to care for themselves.

That we are at Broadmead is evidence that we have been able to contemplate such eventualities and to prepare for them both emotionally and practically.

I have talked with people who looked with revulsion at the Eye Bank, and the Kidney Foundation, to say nothing of the notion of contributing one's body to the Anatomy Board.

The idea that one could go so far as to sign a "Living Will" was equally repugnant to many persons as if to discuss death was a way quickly to produce it.

That many here at Broadmead have deposited "Living Wills" with the Medical staff is further evidence that one's inevitable end can be considered soberly,

rationally, and without fear.

So having done all that can be done about the inevitable, Broadmeaders are free to concentrate on living here and now.

SWIM CLUB FORMS

Broadmead has a new swim club. Due to the efforts of Huston Crippen, arrangements were made with Hunt Valley Inn for a Corporate Membership in the Health, Swim, and Tennis Club. The first group of 25 Residents have signed to use the Club facilities at any time. A few additional names have been received for a probable second group of 25 Residents.

--Lowell Cunningham

VOICE OF THE RESIDENTS

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